

THE GAZETTE

Published for members of the Chièvres Air Base, Caserne Daumerie, SHAPE and Brussels communities

Local orphanage

The local orphanage is looking for a small (table height) refrigerator and wooden or metallic shelves. If you happen to have one of the above items and would like to donate them to the local orphanage, please call DSN 361-5694 or civilian 068-27-5694.

Brussels Finance Office

The Brussels Finance Office will be closed Feb. 16 for training. For information call DSN 368-9732, civilian 02-717-9732.

Brussels Clinics

The Brussels Dental and Health Clinics will be closed Feb. 17 and 20. Check the community briefs section of this Gazette for details.

Runway Traffic Light

Drivers are reminded to pay attention to the runway traffic light on the N56 near the turn for Pairi Daiza. Ignoring this signal is considered a major violation.

Gazette submissions

To submit your requests for publication, please use the following new generic email address for PAO: usarmy.benelux.imcom-europe.list.pao@mail.mil. You can also request submission guidelines via the listed email address. For more information, call DSN 361-5419 or civilian 068-27-5694.

Bikers visit two local orphanages



Donovan Abrassart

SHAPE Harley Davidson Club visited two local orphanages to bring the kids candies for Valentine's Day, Feb. 11. They were also given the opportunity to mount the bikes and experience the feeling of being a biker for a while.

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SHAPE women visit local shelter in Baudour

By **Cis Spook**
USAG Benelux Public Affairs



Cis Spook

Cis Spook

Jane Fitzgerald, Women, Infants and Children (WIC) Program coordinator (left) shows residents of the Kangourou shelter for women in Baudour, how to practice massage on infants, Feb 10. Early last year, a group of women from SHAPE led by Kathy Horn, started visiting the shelter to deliver donations, provide entertainment and teach classes. Among the activities were cooking classes, English classes and playing bunco with the residents. The Kangourou shelter provides a temporary, safe lodging and comfort for 12 women and 16 children. The women and their children can stay for a period of nine month, which can be renewed once, in order to rebuild themselves, find their own lodging and for some, to find a job. The shelter is fully booked most of the time.

THE GAZETTE

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AMERICAN HEART MONTH

Take care of your heart, and it will take care of you

By **Carrie Shult**

FORSCOM Health Promotion Project Officer - U.S. Army Public Health Command

Heart disease is the leading cause of death in the United States in men and women. Heart disease affects millions of Americans. The American Heart Association estimates that about every 34 seconds someone will have a heart attack. So if you are a slow reader, that means several people had heart attacks while you were reading this article.

Research about heart disease risk factors suggests that making even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke and other serious cardiovascular conditions. What does that really mean, and more importantly what does it mean for you?

Get moving

If you sit a lot, try to sit less. If you have a job where you are at your computer a lot, add a reminder to your electronic calendar every hour to stand up and walk away, do 15 push-ups, get some fresh air. Take the stairs instead of the elevator. Avoid being the parking lot shark—lurking around waiting for an open spot in front—and park away from your destination so you can get some extra steps in. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes a day for five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily. Just get moving.

Maintain ideal weight

Being overweight increases the risk of heart disease and stroke. To achieve long term weight loss, don't skip meals but eat 200-300 calories less each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions and eat breakfast every day.

Make a yearly date with the doctor

Get your blood pressure, cholesterol and blood sugar checked as recommended. Put the date on the calendar as a special date just like birthdays or anniversaries or the Super Bowl.

Control high blood pressure

Blood pressure that is higher than 120/80 is known to increase the risk of heart disease. Lifestyle modifications such as staying physically active and eating a diet high in fruits, vegetables, whole-grain and high-fiber foods and lean protein can help control blood pressure. If you are an on-the-go person, arm yourself with information by checking

out the nutrition guidelines on the Internet before going to restaurants. If you have high blood pressure, follow your healthcare provider's recommendations carefully, even if it means taking medication every day for the rest of your life. By managing your blood pressure you are lowering your risk of heart attack.

Quit tobacco use

Smoking reduces the amount of oxygen in the blood and raises blood pressure. Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones and digestive organs. Not to mention it also stains your teeth, clothing and hands. To quit smoking, make a personal quit plan. Pick a quit day and tell everyone about it. You will find out who supports your goal. Get rid of tobacco in the house, car, workplace and your secret stash.

Cut down on alcohol

Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. If you drink alcohol, drink a moderate amount, which equates to an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.

Manage your stress

People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Learn how to manage your stress by using relaxation methods such as deep breathing exercises, counting to 10, and meditation.

Do your part. Care for your heart by eating a better diet, exercising, quit using tobacco and managing stress to reduce the risk of heart disease. Heart disease is preventable. Take charge of your health by making positive lifestyle changes to reduce your risk of heart disease. Small steps count, so start today.

What are your techniques, tactics and procedures for staying healthy? Check out our facebook page for what works for me, and share yours. www.facebook.com/USAPHC

For more information about taking care of your heart, visit: American Heart Association, www.americanheart.org National Institutes of Health, www.nhlbi.nih.gov.



KEEPING YOU CONNECTED

The Official Website of the American Forces Network Benelux

benelux.afneurope.net

Brussels: 101.7 FM – Chièvres 107.9 FM – SHAPE 106.5 FM and 104.2 FM

Seasonal flu likely to peak in coming weeks

By Douglas DeMaio

Bavaria Medical Department Activity Public Affairs

Influenza affects several million people every year.

Small children, pregnant women and people with chronic illnesses like diabetes and asthma are considered high-risk persons for contracting the flu and should take precautions to protect themselves.

"Their immune systems are weakened and, if they get the flu or any other illness, they don't have the mechanisms to fight it off as much as the folks who are healthy," said Lt. Col. Gwendolyn L. Davis, chief of Army Public Health Nursing for Bavaria Medical Department Activity. "That is why we encourage them to get the vaccine. High-risk people, especially the pregnant women, they definitely need it. The myth that it is not safe and will affect the unborn child is just a myth. It is safe."

High-risk persons are more likely to suffer from serious complications caused by the flu, Davis said.

Staying active, getting plenty of rest, taking vitamins and drinking an ample of liquids to stay hydrated can all help boost a person's immune system and help fight off germs, but she said, there is one sure way a person can significantly reduce their odds of contracting influenza.

"The most important is the flu vaccine," Davis said. "It is never too late to get it throughout the year, but we prefer you get it at the beginning of the season so you will have better protection. It's free to all the beneficiaries. Most of the clinics offer it on a walk in basis, so there is no need to make an appointment."

FluMist, which is given through the nose, is good for

children who are 2 years of age up to adults who are 49 years old. Anyone not in that age group would need to get an injected vaccination known as Fluzone.

The vaccine takes between 10 to 14 days to take effect, Davis said. Every year, the influenza strain changes, so Davis encourages people to be protected seasonally.

"It changes just enough to make a difference," she said. "The vaccine is available through the end of June."

Flu season starts in fall and ends in the spring.

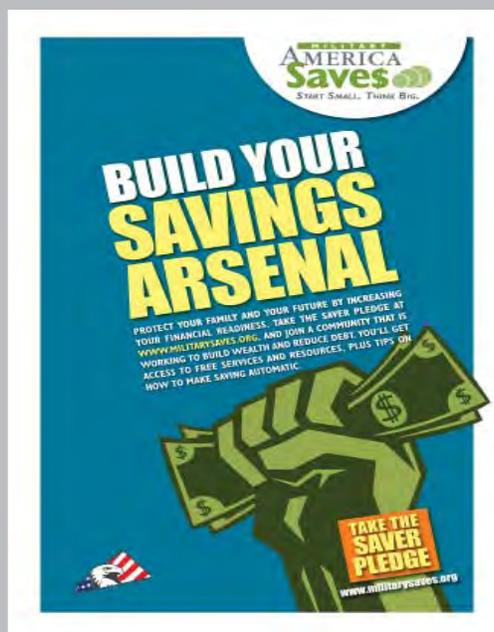
Practicing good hygiene like washing hands frequently and sneezing in ones sleeve rather than in ones hands will help slow the spread of influenza, but there are other ways to help prevent the spread of the virus.

"If you get sick, don't spread it," Davis said. "Stay at home if you are sick. We encourage supervisors who have someone sick in their office to send them home. It is very contagious and you don't want to spread it around. We know it interferes with the work, but still it is better for them to stay at home and get well for a couple of days than to come in and have the whole office get sick."



Special events during 'Military Saves' week

While making the most of our money should be a year-round effort, this year's Military Saves Week puts a special focus on setting - and reaching - financial goals. In support of that effort, Army Community Service (ACS) is bringing in reinforcements. A Certified Financial Planner (CFP) with 20+ years experience in financial services, will be one of the presenters during a series of mini-seminars on financial topics Feb. 21 from 9 a.m. to noon at the USAG Brussels ACS. After the presentation, he will be available for individual appointments that same afternoon from 1 p.m. to 5 p.m. He will also be conducting workshops on the Thrift Savings Plan (TSP) and other investment options at the Caserne Daumerie, Auditorium (bldg. 30) Feb. 22 from 9 to 11 a.m.,



and Feb. 23 from 1 to 3 p.m.

If you'd like to get your free credit score, stop by SHAPE ACS or USAG-Brussels ACS Feb. 25 between 9 a.m. and 3 p.m. Army Community Service will be also hosting a table during lunchtime Feb. 21 and 25 from 11 a.m. to 1 p.m. at the Chièvres Air Base Exchange. Stop by to pick up information, get answers to your financial questions and/or schedule an appointment to sit down with a financial counselor.

You can also contact SHAPE ACS Financial Readiness to schedule financial education for your unit, office or group, or to set up an individual appointment. Contact SHAPE ACS at DSN 423-4904 or civilian 065-44-4904.

USAG Benelux and local community briefs

Get ready for Crossage

Crossage will be on Feb. 22 from noon to 6 p.m. in Chièvres. The game can be compared to croquet or golf as players aim toward one target per round. Crossage has become very popular in Chièvres and many Americans have joined the tradition over the years. The city of Chièvres is blocked off



Rabot and Chôlette

to all traffic and no parking will be allowed as this game is played on the streets. Teams compete among each other as they try to hit the beer kegs with their wooden mallet and ball in as few hits as possible. The entire course covers a total of 29 beer kegs. It is too late to order the wooden mallet and ball but registration for the game can still be made by calling DSN 361-5433 or civilian 068-27-5433. The participating fee is €3 if registration is made before Crossage. To become King or Queen of the Chièvres Crossage, register with the Chièvres Tourist office at 068-645961 in order to compete. The competition will be held Feb. 17 at the Vaudignies school, Salle Polyvalente Rue des Ecoles at 7 p.m. and will consist of several precision tests guaranteeing lots of fun. For the first time, this contest is open to non-Chièvres residents.

News from the school liaison officer

With the increase of lunch prices at the School Cafeteria this month, now would be a good time to see if you qualify for Free and Reduced-Price Lunches for your children.

All U.S. families of all ranks and family size attending the DoDDS schools are invited to complete an application for Free and Reduced-Price (.40 cents per meal) Lunches for the current school year. This program can help you save money, while your kids enjoy a hot meal at the Brussels American School or SHAPE American Elementary/High School cafeterias each school day. Please contact the School Liaison Officer (SLO) at slobenelux@eur.army.mil for an application and additional information. The SLO can also be reached at DSN 423-5635 or civilian 065-44-5635 at SHAPE, or DSN 368-9670 or civilian 02-717-9670 in Brussels.

AFCU OPENS 2012 Scholarship Program

Andrews Federal Credit Union announced the opening of its 2012 Scholarship Program. Eight \$1,500 non-renewable college scholarships are available to students who are Andrews Federal members or dependents of members in good standing as of Feb. 1.

Applicants must be accepted to or enrolled in an accredited

college or university. In addition to the application, applicants must write an essay on either the necessity of gaining and maintaining financial security or on their plans to reach their short-, medium, and long-term goals. The deadline for receipt of applications is Apr. 27.

Scholarship applications and instructions are available in Andrews Federal branches or can be downloaded at www.andrewsfcu.org/scholarship2012.

Food handlers food safety course

SHAPE Health Care Facility, Department of Preventive Medicine, is offering a basic food handlers food safety course for all participants of SHAPE Group 2 Activities, US FRG's and Volunteer Groups, or anyone in the SHAPE/Chièvres community who intends to participate in community cooking activities. The course will be held in the SHAPE Health Care Facility, 2nd Floor Conference Room on the fourth Thursday of the month from 3 to 5p.m.

Courses will run February through October 2012. A certificate will be presented upon completion which is valid for one year and covers participation in events on SHAPE and Chièvres. For more information and to book a place for attendance contact DSN 423-5952/5043.

Donations to SHAPE International Library

The SHAPE International Library regrets that it can no longer take donations from patrons. The library has neither the storage space nor the staff to process the large number of donations.

Employment Opportunity

Andrews Federal Credit Union is looking for individuals who want to advance their careers with a progressive full-service local financial institution. European branches are located in Belgium, Netherlands and Germany. The following positions are available.

Brussels Branch located at USAG Brussels

-Branch Manager (Full-time)

-Senior Teller (Full-time)

-Teller (Full-time)

-Member Service Representative (Part-time)

Chièvres Branch at Chièvres Air Force Base

-Senior Teller (Full-time)

-Member Services Representative (Full-time)

Schinnen Branch at USAG Schinnen

-Member Services Representatives (Two Full-time Positions)

For these and other positions or to apply online, go to www.andrewsfcu.org. All applicants must have a U.S. Passport with logistical support. Andrews Federal Credit Union is an Equal Opportunity Employer.

Have Something for the Gazette?

Email usarmy.benelux.imcom-europe.list.pao@mail.mil

USAG Benelux and local community briefs

Financial help for college education

The following four free resources contain invaluable information that could help defray costs of attending college:

- www.apps.collegeboard.org/cbsearch_ss/welcome.jsp
- www.finaid.org/scholarships/
- www.fastweb.com/
- www.legion.org/needalift/pdf/nal2011.pdf

Scholarship search doesn't have to end once the student attends Freshmen Orientation. Many scholarships and grants are available to students as they continue their college education – including completion of their Graduate Degree. Financial Aid is also available to adult students continuing their education. Please contact the School Liaison Officer at slobenelux@eur.army.mil for assistance, DSN 423-5635 or civilian 065-44-5635 at SHAPE, DSN 368-9670 or civilian 02-717-9670 in Brussels.

DD-214's are now on-line

The National Personnel Records Center (NPRC) has provided the following web site for veterans to gain access to their DD-214's on-line at www.archives.gov/veterans/military-service-records. This may be particularly helpful when a veteran needs a copy of his DD-214 for employment purposes. NPRC is working to make it easier for veterans with computers and internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use this new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180, which can be downloaded from the on-line web site.

Because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for additional information will be minimized. The new web-based application was designed to provide better service on these requests by eliminating the records center mail room and processing time.

CYSS Survey

CYSS is conducting their annual Outreach Services Survey. The results of this survey will help improve the CYSS services. The survey is accessible until Feb. 29 and is completely anonymous. Check www.surveymonkey.com/s/JZH3LV2.

Big Easy Blast Camp

Register now for the camp held Feb. 20-24 at the School Age Center. The schedule is as follows:

Monday: A trip down Bourbon Street

Tuesday: A taste of Creole

Wednesday: Big Easy Bowling

Thursday: Jazz Off

Friday: Mardi Gras Parade

For additional information, call DSN 423-5612 or civilian 065-44-5612.

CYSS Baseball

Registration is open through Mar 16 for ages 6 to 12. Fee is \$45. Season is from March through June. For more information, call DSN 423-5612 or civilian 065-44-5612.

CYSS Soccer

Registration is open through April 16 for ages 4-5. Fee is \$20. Season is from April through June. For information call DSN 423-5612 or civilian 065-44-5612.

CYSS Babysitting Course

Learn basic childcare skills and get CPR/first aid certified. Participants must be 12 years or older and registered with SHAPE/Chièvres CYSS. Class size is limited. Date is Feb. 20-24 Feb. from 9:30 to 11:30 a.m. Fee is \$20. For information call DSN 423-5612 or civilian 065-44-5612

SHAPE Fitness Marathon

The annual SHAPE fitness marathon will be held Mar. 3 from 10 a.m. to 4 p.m. at SHAPE gym bldg. 313. A total of six hours of different fitness sessions will be available to show the kind of classes that are taught at the gym. For information call DSN 423-3924 or civilian 065-44-3924.

Education

University of Phoenix

For information on the programs offered, stop by the USAG Benelux Education Center, Bldg. 212, Room 113 or call DSN 423-4645.



Sunday worship service schedule

SHAPE/Chièvres area

9 a.m. – Catholic Mass at SHAPE Chapel

10:15 a.m. - Anglican service at SHAPE Chapel

11:45 a.m. – Contemporary Protestant service at SHAPE Chapel

For additional information, contact the Chaplain's Office at DSN 361-5381.

Jewish Community Liaison: contact DSN 423-4938

Muslim Community Liaison: contact DSN 368-9814

Catholic Daily Mass

Wednesday and Thursday at 12:15 p.m. at the SHAPE Chapel.

As of Feb. 6, daily mass will be Monday through Friday at 12:15 p.m.

Brussels area

10:30 a.m. – Protestant service at Chaussée de Louvain 13, St. Stevens Woluwe.

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By Cis Spook

USAG Benelux Public Affairs

Sperm whale on Knokke beach

A sperm whale gave its last breath on the beach at Knokke-Heist last week. The animal measured some 14 meters and was injured. It may have been hit by a ship and therefore stranded on the beach. The sperm whale is one of the largest species of whale. Males can grow up to 22 meters and weigh over 60 ton. Sperm whales can live up to 60. It is not the first time a sperm whale ended on a Belgian beach. In 2004, a sperm whale stranded on the beach at Koksijde.

Cold weather claimed four deaths

Four people died in Belgium as a result of the harsh winter conditions. An elderly man froze to death after he got lost on the Belgian coast. In Antwerp, another man fell and died as a result of hypothermia. In Limburg, a third man died after he fell in the water and in the area of Charleroi, an elderly woman died of hypothermia after she fell in her home. Quick actions are the only way to save people in these weather conditions. When elderly people get lost, which happens on a frequent basis, the police immediately take action as elderly people have less resistance in the cold.

United States is popular place to work

According to a survey carried out by the Global Talent Mobility Research and StepStone, the United States is the most popular place to work for job seekers who want to work abroad. Of the group of people who want to find work abroad, some 44 percent prefer the United States. France and Canada are second and third with 41 percent. The UK and Australia are fourth and fifth on the list with 38 and 34 percent respectively.

Belgian monarchy

The newspaper Le Soir has published several articles on the Belgian monarchy. In one of these articles, it is pointing out that Belgium is one of the least transparent monarchies

in Europe on the use of the public money the royal family receives. Belgium along with Luxembourg and Spain are not transparent at all, whereas The Netherlands, Denmark, UK, Sweden and Norway are. In Belgium, the royal family gets over 14 million euros per year but nobody can verify what use is made of the money.

Minister's office evacuated

The office of the Secretary of State for Transportation was evacuated last week after it received registered mail containing an unidentified white powder and death threats. Three members of the staff who had been in contact with the powder were placed in quarantine as a precaution and the premises were disinfected. The death threats were sent in a letter that was written in Dutch and included a call for foreigners to be expelled from the country immediately.

Epidemic Flu in Belgium

The number of patients who were diagnosed with the flu has reached 136 per 100,000 inhabitants. The increase of the number of flu cases doesn't specifically coincide with the cold weather as the flu season stretched from November to April. This year's strains of flu virus are included in the vaccine and scientists recommend people who are at risk and didn't get the vaccine yet, to do so quickly. An outbreak last for about eight weeks and patients build immunity after two weeks upon getting the vaccine.

U.S. soccer player in Belgium

Although Sacha Kljestan, U.S. midfielder at the Anderlecht soccer club, is for the time being not among the players selected in the U.S. national team, he has not been forgotten in the United States where the Seton Hall University Department of Athletics has announced its plans to honor him as one of the six inductees of its Athletics Hall of Fame Class of 2012.

Cold weather tip

With the harsh winter conditions that hit Belgium, make sure you check the gauge or measure the oil or gas level in the tank on a frequent basis and before running out or even before getting too low. Consumption is definitely fluctuating with the outside temperatures. Also keep in mind that because consumption has gone up, the companies may have a long waiting list for deliveries.

If you are away for TDY or leave, do not turn off the furnace or the electricity. To save on your energy consumption, just turn down the thermostat or the thermostatic valves (the * is the minimum setting so the water in the radiators doesn't freeze). Also, have a friend, a neighbor or your landlord check your house while you are away. With the cold weather, you cannot have your heating system stop working or severe problems will quickly appear with the freezing of water pipes causing leaks when temperatures are going up again.

Through 15 February

- **Exhibition "Horta, a lost world" in Brussels** on Chaussée de Haecht 266. Open Wednesdays through Sundays from noon to 6 p.m. Entrance fee ranges from €3 to €6. More information on www.autriche.be/index/home/0/en (page in English).

Through 19 February

- **Indios no Brasil exhibition in Brussels** at the Royal Museum of Art and History at the Parc du Cinquantenaire 10. Exhibition on Brazil's indigenous population. Open Tuesday through Sunday from 10 a.m. to 5 p.m. More information on <http://europalia.be/programme/expositions-12/article/indios-no-brasil>.
- **Home Trends Show in Charleroi** at the Palais des Expositions from 11 a.m. to 6 p.m. on weekdays and from 11 a.m. to 7 p.m. on Fridays, Saturdays and Sundays. Entrance fee is €6.

Through 4 March

- **Fernand Schirren's (1872-1944) paintings exhibition in Brussels.** Exhibition is held at the Royal Museum of Fine Arts on Rue de la Régence 3. Open every day from 10 a.m. to 5 p.m. except on Monday. Entrance fee ranges from €5 to €8. More info on www.fine-arts-museum.be/site/EN/frames/F_expo.html.
- **Firmin Bouglione Circus in Ghlin** at Imagipark on Avenue du Grand Large. Price ranges from €16.70 to €27 (adults) and from €11.70 to €22 children.

Through 18 March

- **Flower exposition "The Magic of the Orchid" in Brussels.** The exposition will be held in the National Basilica of Koekelberg on the Parvis de la Basilique 1. Open every day from 10 a.m. to 7 p.m. and from 1 to 7 p.m. on Sundays. Price ranges from €2.5 to €8. More information on www.basilicakoekelberg.be/documents/events-items/orchid-exposition.xml?lang=en (page in English).



Through 3 June

- **Exhibition "Dinner's Served! From Field to Plate"** - An exhibition that asks today the questions for tomorrow with a rich scenography. A multi-modal museography: graphic frescoes, audiovisual productions, exceptional items, photographs, electro-mechanical interactive displays, windows of discovery, tactile monitors etc. Contemporary art works mark out the exhibition halls. More information about prices, hours etc. on www.expo-atable.be.

17 February

- **Volksmarch in Feluy** for 4, 6, 12 km. Departure is at the Salle de la Maison du Peuple on Grand'Rue from 2 to 7 p.m.

17 through 19 February

- **Flea market, antiques and collectors fair in Kain** on Rue du Follet from 10 a.m. to 7 p.m. Entrance fee is €6. (150 booths)

17 through 26 February

- **Anima 2012 in Brussels.** International Animated Film Festival of Brussels at the Flagey Center on Place Sainte Croix 4. Over 100 films in competition. More information about prices, schedule, films, etc. on www.animafestival.be.
- **Jacques Stotzem concert in Soignies** at the Salle Victor Jara on Place Van Zeeland 31 at 8 p.m. Jacques Stotzem is a Belgian acoustic guitarist. Price in €12. For bookings and information, call civilian 067-347426.

18 February

- **Volksmarch in Jumet** for 4, 6, 12, 25 km. Departure is at the local school on Rue Edouard Anseele from 8 a.m. to 3 p.m.
- **Flea market in Langemark** at the sports center on Kerkenstraat from 8:30 a.m. to 5 p.m.

19 February

- **Volksmarch in Ghlin** for 4, 7, 12, 20, 30 km. Departure is from the I.P.E.S. on Rue du Temple from 8 a.m. to 3 p.m.
- **Volksmarch in Auderghem** for 5, 10, 15, 20 km. Departure is from Lutgardis-college on Avenue de la Sablière 2 from 9 a.m. to 6 p.m.
- **Volksmarch in Feluy** for 5, 10, 20 km. Departure is from the Maison du Peuple on Grand'Rue from 9 a.m. to 6 p.m.
- **Volksmarch in Montignies-Sur-Sambre** for 5, 10, 20 km. Departure is from Rue des Cartiers 6 from 9 a.m. to 6 p.m.
- **Volksmarch in Beloeil** for 5, 10, 20 km. Departure is from the sports center of the local school on Rue de Mons 45 from 9 a.m. to 6 p.m.



19 February continued

- **Mountain bike ride in Schaffen** for 10, 25, 40, 50 km. Departure is from the sports center De Vleugt on Vleugstraat from 8 to 10:30 a.m. Price ranges from €2,50 to €3,50. Bike-wash and showers available.
- **Mountain bike ride in Froidchapelle** for 15, 25, 40, 50 km. Departure is from the sports center on Rue des Arzières 10 at 8 a.m. Price is €5. Bike-wash and showers available.
- **Run & bike in Jurbise** for 2 km (run) - 11 km (mtb) - 1 km (run) and 4 km (run) - 23 km (mtb) - 2 km (run). Departure is from the Police Academy on Route d'Ath 25-35 at 10 a.m. for 2-11-1 distances and at 12:30 p.m. for 4-23-2 distances. Showers and bike-wash available. Price ranges from €8 to €12.5.
- **Collectors fair in Froyennes** at the Foyer Saint-Eloi on Rue des Réfractaires from 9 to 12 a.m.
- **Flea market in Langemark** at the sports center on Kekenstraat from 8:30 a.m. to 5 p.m.
- **Flea market in Strépy-Bracquegnies** on the Vielle Place from noon to 7 p.m. The flea market is organized to raise money for sick children of the Tivoli hospital in La Louvière.

22 February

- **Crossage in Chièvres.** It will start at noon. To register, call DSN 361-5433 or civilian 068-27-5433.

24 February through 2 March

- **International Festival of Love Films in Mons.** Festival dedicated to "Love" in all its forms. It will present 80 long films and 35 shorts films from all over the world from Bulgaria to Burundi, Slovakia or Quebec. For information about location, prices, etc. visit www.fifa-mons.be/english/essential_news.

25 February

- **Volksmarch in Nalinnes** for 6, 12, 20, 25, 42, 50 km. Departure is at the Foyer des Haies on Rue des Haies 8 from 7 to 9 a.m. for the 42 and 50 km routes, from 7 to 11 a.m. for the 25 km route and from 7 a.m. to 3 p.m. for the other routes. Participating fee is €75.
- **Mountain bike ride in Chimay** for 30 km. Departure is from the sports center Le Châlon on Avenue du Châlon from 6:30 to 7:30 p.m. Participating fee is €5.
- **Mountain bike ride in Papignies** for 23 and 33 km. Departure is from the Salle Couturelle on Place de Papignies from 3 to 9 p.m. Bike-wash available. Participating fee is €3.5.
- **Run and bike in Bruxelles** for 7-14-21 km. Departure is from the Royal Club des Rameurs on Chaussée de Vilvoorde 170 at 2 p.m.

26 February

- **Volksmarch in Ittre** for 5, 8, 15, 22, 30 km. Departure is from the Centre Aéré de Schaerbeek on Route de Clabecq 72 from 7 a.m. to 1 p.m. for the 20 km route and from 7 a.m. to 3 p.m. for the other routes.
- **Volksmarch in Nalinnes** for 6, 12, 20 km. Departure is at the Foyer des Haies on Rue des Haies 8 from 7 a.m. to 1 p.m. for the 20 km route and from 7 a.m. to 3 p.m. for the other routes.
- **Volksmarch in Limal** for 5, 10, 15, 20 km. Departure is from the Salle communale on Rue Charles Jaumotte 54 from 9 a.m. to 6 p.m.
- **Volksmarch in Godarville** for 5, 10, 20 km. Departure is from the sports center on Place De Gaulle from 9 a.m. to 6 p.m.
- **Volksmarch in Horrues** for 5, 10, 15, 20 km. Departure is from the Maison du Quartier on Place du Jeu de Balle 1 from 9 a.m. to 6 p.m.
- **Volksmarch in Vellereille-Le-Sec** for 5, 10, 20 km. Departure is from the Maison Villageoise from 9 a.m. to 6 p.m.
- **Volksmarch in Papignies** for 5, 10, 15, 20 km. Departure is from the cultural center on Place Curé Borremans 13 from 9 a.m. to 6 p.m.
- **Volksmarch in Nouvelles** for 5, 10, 20 km + 10 km run. Departure is the Maison de'Hébergement Le Pastel on Rue du Centre 20 from 9 am. to 6 p.m.
- **Volksmarch in Jodoigne** for 5, 10, 15, 20 km. Departure is from the Athénée Royal on Chaussée de Hannut 61 from 9 a.m. to 6 p.m.
- **Mountain bike ride in Gelrode** for 15, 25, 45, 60 km. Departure is from the soccer field VV Gelrode on Leuvensesteenweg from 8 to 10:30 a.m. Showers and bike-wash available. Participating fee is €2.5.
- **Mountain bike ride in Lobbes** for 15, 30, 45 km. Departure is from the Centre Sportif du Scavin on Rue des Carrières 1 from 8 to 10:30 a.m. Showers and bike-wash available. Participating fee is €4.
- **Volksmarch in Herchies** for 10 km. Departure is from the Place d'Herchies from 2 to 5 p.m.





CARNIVAL IN BELGIUM

Events & Happenings

17-19 February

- **Carnival in Bastogne – Pat’Carnaval**

- Feb. 17, Opening Night. Free concert at 10:30 p.m.
- Feb. 18, Children’s day. Entertainment for kids starts at 2:30 p.m. Enthronement of the carnival prince at 10:30 p.m.
- Feb.19, Traditional carnival parade downtown Bastogne starts at 2 p.m.

18 February

- **Carnival in Basècles**

- Procession leaves the Grand Place at 2:30 p.m. and parade in the streets of the city. Gathering for the kids at 4:30 p.m. on the Grand Place. Final gathering and fireworks on the Grand Place at 10:00 p.m.

- **Carnaval in Ghlin**

- Procession heads towards the Grand'Place at 3:45 p.m. From 8 to 9 p.m. final gathering and fireworks.

18-21 February

- **Carnival in Malmedy, known as Cwarme**

- Feb. 18, at 10 a.m., the ‘Grosse Police’ announces the beginning of the festivities all over the city. The folkloric parade leaves Place Albert I at 4 p.m.
- Feb. 19, Dance of the Haguète (main character of the carnival) at 1 p.m. on Place Albert I and departure of the carnival parade with 2,500 participants at 1:30 p.m. Final gathering at 6:30 p.m. on Place Albert I.
- Feb. 20, Role-playing day starts at 11 a.m. with satirical shows on moving stages and actors’ parade.
- Feb. 21, Starting at 2 p.m., the carnival societies go around town all afternoon. At 7 p.m., burning of the Haguète on Place Albert I, symbolizing the end of the winter.

17-25 February

- **Carnival in Amay**

- Feb. 17, Procession downtown starts at 2:30 p.m. with more than 1,000 participants.
- Feb. 19, Procession starting from the Delhaize's parking lot.
- Feb. 20, Costume ball and animations for children downtown at the sports center.
- Feb. 25, Fireworks on the site of the Roman Tower, on Rue de l’Industrie.

19-21 February

- **Carnival in Binche** - This famous carnival, on the UNESCO world heritage list, dates back to the 16th century.

- Feb. 19, Colorful day where the future Gilles wear fancy costumes. Parade starts at 3 p.m. from the Place Eugène Derbaix.
- Feb. 20, Children’s day. On Monday, the fest is traditionally more private, gathering the locals who will go from pub to pub and from pub to friends house dancing on the streets. At about 3 p.m., the youth gather and dance to the music of the drums heading to the Grand’Place. At about 7 p.m., they all watch the fireworks.
- Feb. 21, Fat Tuesday. Only on Tuesday, the “Gilles” are allowed to wear their Gilles costume. The day starts in the very early hours with the dressing after which they will go from house to house. At about 7 a.m., they gather at the train station. At 8:30 a.m., reception at the City Hall. The Gilles wear their traditional mask. Parade starts at 3 p.m. on Avenue Charles Deliège and heads to the Grand Place. The Gilles wear their impressive hats covered with ostrich feathers (if weather allows) and offer hundreds of oranges. Torchlight procession and final gathering on the Grand Place around 7:30 p.m.

20 February

- **Carnival in Jemappes** - Carnival parade for children from 3 to 11 p.m. with the participation of the local giants and folkloric and musical groups.

25-28 February

- **Carnival in Nivelles**

- Feb. 25, at 2:30 p.m., Carnival parade for children downtown Nivelles. Departure from the station
- Feb 26, at 2 p.m., carnival parade departs from the station, folkloric and musical groups. Final gathering downtown at 6 p.m.
- Feb. 27, from 2 to 4 p.m., carnival for the local schools. At 7 p.m., carnival parade starts from the Place Emile de Lalieu. At 9:15 p.m., final gathering on the Grand Place and burning of the humps.

CARNIVAL IN THE NETHERLANDS

Compiled by Rita Hoefnagels, USAG Schinnen Public Affairs

Carnival or Fashing is an important local tradition in Southern Netherlands as well and this year it is celebrated Feb. 19-21. It is an intense 3 days long celebration before a 40 days lent (which ends with Easter). Shops in Limburg and parts of Germany will close while pubs and bars will stay open until at least 3 a.m. The streets will overflow with Carnival revelers and parades.

If en route to USAG Schinnen and a parade is in progress, park the car and enjoy the festivities. But remember to be safe and don't drink and drive. The parades at Schinnen are Feb. 20 and 21 between 1 and 5 p.m. and could delay access to the base.

Aachen, Cologne, Düsseldorf and other cities in Germany stage parades, called "Rosenmontag Zug", Feb. 20. They all start around noon. Aachen also has a Children's parade Feb. 19.

Many towns in Limburg have besides the parades also other Carnival activities on-going such as brass band contests. In Maastricht for instance the Prince Carnival and his retinue will hold a reception at the city's train station Feb. 18, 1:11 p.m. At 1:55 p.m. they will march to the Market Square where the Prince will lay a wreath at the statue of "t Mooswief" (Cabbage Woman). There's also a Carnival brass band contest Feb. 21, 2:11 p.m. on the Vrijthof in the center where the end of Carnival will also be conducted which begins 11:55 p.m.

Other towns have a Carnival brass band contests. Sittard has one on Feb. 20, 3 p.m. at the Market Square. On Feb. 21, also in Sittard at 2:11 p.m., groups of costumed people give out oranges to kids and adults who yell: "APPELSIENE, APPELSIENE" (oranges, oranges).



Courtesy Photo

Events & Happenings

19 February

- **Carnival in Sittard**

- Main parade starts at 12:55 p.m.

18 February

- **Carnival in Landgraaf**

- Feb 18. children's parade starts at 12:30 p.m. in Heggenstraat.

18-20 February

- **Carnival in Brunssum**

- Feb. 18, children's parade. Feb. 20, main parade starts at 1:40 p.m.

- **Carnival in Hoensbroek**

- Feb. 18, children's parade starts at 1:11 p.m. Feb. 20, main parade starts at 1:11 p.m.

- **Carnival in Kerkrade**

- Feb. 18, children's parade. Feb. 20, main parade starts at 11:11 p.m.

- **Carnival in Maastricht**

- Feb. 18, children's parade starts at 2:11 p.m. Feb. 19, main parade starts at 1:33 p.m. Feb. 20, family parade starts at 2:33 p.m.

18-21 February

- **Carnival in Heerlen**

- Feb. 18, children's parade starts at 1:33 p.m. Feb. 19, main parade starts at 12:11 p.m. Feb. 21, lighted parade (illuminated) starts at 8:11 p.m.

19 February

- **Carnival in Margraten, Nuth, Oirsbeek and Spaubeek.**

19-20 February

- **Carnival in Geleen**

- Feb. 19, main parade starts at 1:50 p.m. Feb. 20, children's parade.

20 February

- **Carnival in Roermond**

- Main parade starts at 1:11 p.m.

20-21 February

- **Carnival in Schinnen**

- Feb. 20, main Parade. Feb. 21, children's Tuesday.

19-21 February

- **Carnival in Valkenburg**

- Feb. 19, children's parade starts at 3:11 p.m. Feb. 20, main parade starts at 1:11 p.m. Feb. 21, Illuminated parade starts at 8 p.m.

SHAPE Trips & Tours

For information on the trips below,
call DSN 423-3884 or civilian 065-44-3884.

- **Lisbon, February 18-21** - See the Tower of Belem and Jeronimos Monastery, the Alfama with its narrow streets and flowered squares, the Barrio Alto with its multicultural atmosphere and the Moorish São Jorge Castle, Sintra with its 19th century romantic architecture and the Palacio nacional. Enjoy some free time to listen to the sounds of Fado music or bar-hop through vibrant cobbled lanes at night. Price is €920 Single, €800 Double/twin, €785 triple, €655 child (0-9 with two paid adults in double room). Departs SHAPE at 3:30 a.m. on Saturday and returns at 1 a.m. on Wednesday.
- **Disneyland and Disney Studios Paris, February 22** - Come experience the happiest place on earth with thrilling rides and fantastic shows. An action packed fun-filled day that is sure to satisfy the whole family. Prices: € 105 Adults, € 105 Youth, 3-11, € 55 Children 0-2. Departs SHAPE at 6:30 a.m., returns SHAPE at 9:30 p.m. Departs Brussels at 5:30 a.m., returns Brussels at 10:30 p.m.
- **Snow World, February 24** - Spend the day at one of the World's largest indoor ski resorts with five wide slopes (520 meters long), professional ski lift and fresh snow. For equipment, visit the Outdoor Recreation building 201 or call 065-44-5380. Price: adults €70, children (4-12) €64, children (0-3) €35. Departs SHAPE at 7 a.m. and returns at 7 p.m. Departs Brussels at 6 a.m. and returns at 8 p.m.
- **London, February 25** - Experience the day in London and visit Buckingham Palace, Big Ben, Westminster Abbey, Trafalgar Square, Tower Bridge, St. Paul's Cathedral, Museums, and the West End theater district. Price: €70. Departs Shape at 5:30 a.m. and returns at 1:30 a.m. on Sunday. Departs Brussels at 4:30 a.m. and returns at 2:30 a.m. on Sunday.
- **Amsterdam and Van Gogh Museum (optional), March 3** - Spend the day in Amsterdam, walk the town along the canals or visit the Anne Frank House. Visit the Van Gogh Museum (optional). Prices: Van Gogh Museum included €50 (17 years and overs), €40 (under 17); Amsterdam only is €40. Departs SHAPE at 6:30 a.m. and returns SHAPE at midnight. Departs Brussels at 7:30 a.m. and returns Brussels at 11 p.m.
- **Medieval Dinner in Brugge, March 10** - Experience a medieval evening in Brugge with a festive banquet, a dozen attractions, medieval costumes and music, delicious food and drinks. Get transported back to 3 July 1468 as Charles the Bold and Margaret of York invite you to the wedding feast enlivened by jesters, minstrels and dancers. There will be also sword fighting, falconry, flame swallowing, a witches' dance, jousting, parrot shooting and more. Prices: €92 adults, €65 youth (11-14), €45 children (6-10), €35 children (0-5). Departs SHAPE at 1 p.m. and returns SHAPE at 1 a.m. on Sunday. Departs Brussels at 11:45 a.m. and returns Brussels at 2 a.m. on Sunday.
- **Maastricht, March 17** - Visit the oldest town in the Netherlands and experience a cruise on the Meuse river followed with a guided tour of the caves under the St. Pietersberg hill. Departs SHAPE at 8 a.m. and returns at 7:30 p.m. Departs Brussels at 7 a.m. and returns at 8:30 p.m.



Amsterdam, March 3

SHAPE Travel Group

For information on the trips below,
call civilian 065-336560

- **Maastricht Mardi Gras, February 19** - Spend the day in costume in the middle of parades and fun-filled carnival celebrants. Price is €15.
- **Brussels Craft Fair Expo, March 15** - Creativa exhibition has 200 exhibitors and offers workshops for adults and children from scrapbooking to floral art. Price is €20 including entrance to the expo and transportation.
- **Amsterdam, March 27** - Enjoy the city, its museums, go shopping or walk along its canals.
- **Le Creuset and Champagne, April 17** - Visit Le Creuset factory outlet in France. Spend a couple of hours in Reims to tour the cathedral then head to the Pommery champagne house for a guided tour. Price is € 55.

13 January

- **Military Council of Catholic Women** - Meets each Monday at 10 a.m. at the SHAPE Chapel in the Annex and at 7 p.m. at SHAPE Bldg. 353. There is watchcare available in the morning by reservation. MCCW reflects a visible presence of Christ to military communities by fostering and nourishing women to spirituality, leadership and service. Join us for bible study (materials provided) and fellowship. For information call DSN 423-6019 or civilian 065-44-6019.
- **Stroller Time** - Meets on Mondays from 10 to 11 a.m. at the ACS, Bldg. 318, SHAPE. Bring your child and stroller for a walk on the SHAPE path. For more information contact the ACS at DSN 423-5324.
- **New Winter Studies** - Meets at the SHAPE International Chapel on Mondays from 6 to 8 p.m. Childcare is provided. For information, e-mail to pwoc.shape@gmail.com.
- **Protestant Women of the Chapel International** - Meets at the SHAPE International Chapel on Mondays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.

14 January

- **Preschool Story Time** - Every Tuesday from 4:15 to 4:45 p.m. for stories, finger plays, songs. There is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631.
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Tuesdays, from 7 to 8:30 p.m. at SHAPE Chapel Annex Classroom. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.
- **Protestant Women of the Chapel International** - Meets at the SHAPE International Chapel on Tuesdays from 9:30 a.m. to noon. Childcare is provided. For information, email to pwoc.shape@gmail.com.
- **The Protestant Men of the Chapel** offers opportunities for fellowship, Bible Study, and service outreach for men in the SHAPE community. Currently, PMOC continues The Great Adventure series, a 20-week look at helping men discover Biblical manhood in the midst of a confusing, misguided world. PMOC meets each Tuesday at 6:30 a.m.

15 February

- **Preschool Story Time** - Meets every Wednesday from 10 to 10:30 a.m. at the SHAPE International Library and helps preschoolers build confidence, learn socialization skills and make friends. There is no fee for this program. For more information, call the library at DSN 423-5631 or civilian 065-44-5631.
- **Infant Massage Class** - Meets every Wednesday at 11 a.m. in the SHAPE Healthcare Facility second floor conference room. Expectant mothers and mothers with newborns and older infants are welcome. Mats and oils are provided. No pre-registration is required. Open to all U.S., NATO and SHAPE ID cardholders. Call WIC Overseas DSN 423-5971 or civilian 065-44-5971 for more information.

Crime Prevention Tips - Crime Prevention Tips - Crime Prevention Tips

- Never leave a spare key concealed anywhere near the front door - Burglars know all the hiding places
- Prevent letterbox burglaries by storing keys away from the front door
- Do not label your house keys in case you lose them and they fall into the wrong hands
- Remove temptation:
 - Where possible, keep valuables out of sight from windows
 - Make it look as though your house is occupied
 - Install timers that switch lights or radios on and off automatically
 - Have a neighbor or friend pop round to clear your letterbox or doorstep.
 - Encourage a neighbor to park in your driveway.
 - If going out after dark, draw the curtains, leave some lights on and a radio playing.
- If you are away for extended periods:
 - Don't forget to cancel the delivery of milk, mail and newspapers.
 - Disconnect the telephone answering machine, or re-word your greeting message to give the impression that you are only temporarily unavailable to answer.
 - Enlist the help of a trusted neighbor, friend or relative to keep a regular eye on your property and keep the front door clear of deliveries.
 - If you are prepared to leave a key with a neighbor/relative, ask for curtains to be drawn and lights to be put on at night. If snow is on the ground a few footprints will make the house appear occupied.
 - Check your insurance policy. Some insurance policies don't cover contents if you are away for more than 30 days.
 - Set your security alarm. (If it is activated, make sure that it can be checked and re-set.)
 - If you do not have a security alarm, consider investing a few Euros in a dummy alarm box. It may deter the opportunist burglar.

15 February continued

- **Rite of Christian Initiation of Adults classes** - Meets each Wednesday at 7 p.m. in the Blessed Sacrament Chapel. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.
- **The Five Love Languages** - The USAG Benelux Advocacy Program meets from noon to 12:45 p.m. at ACS first floor training room bldg. 318. For information call DSN 423-5324 or civilian 065-44-5324.
- **Bingo at Warrior Zone** - Doors open at 5 p.m., starts at 6 p.m. Open to all US and SHAPE (green) ID card holders at least 18 years. Mini cover-all jackpot: Apple I Pad. Cover-all jackpot: Flat Screen TV. For more information call DSN 361-5643 or civilian 068-27-5643.
- **Page turners Book Discussion Group** - Meets at 5:30 p.m. at SHAPE International Library to discuss *Swamplandia!* by Karen Russell. No registration required. For information call DSN 423-5631 or civilian 065-44-5631.

16 February

- **Teen Mass and Meal** - Meets Thursdays at 12:15 p.m. at the SHAPE Chapel.
- **Army Family Team Building** - Meets from 10 to 11:30 a.m. at ACS bldg. 318 to discuss types of communication, assess your ability to communicate effectively, explore barriers to communication and develop strategies to improve your communication skills. For information call DSN 423-5324 or civilian 065-44-5324.
- **The Illuminati** - Meets at 4:30 p.m. at SHAPE International Library to discuss *Miss Peregrine's Home for Peculiar Children* by Ransom Riggs. No registration required. For information call DSN 423-5631 or civilian 065-44-5631.
- **Breastfeeding Support Group** - Meets from 10 to 11 a.m. at the SHAPE Healthcare Facility second floor conference room. For information call DSN 423-5971 or civilian 065-44-5971.

17 February

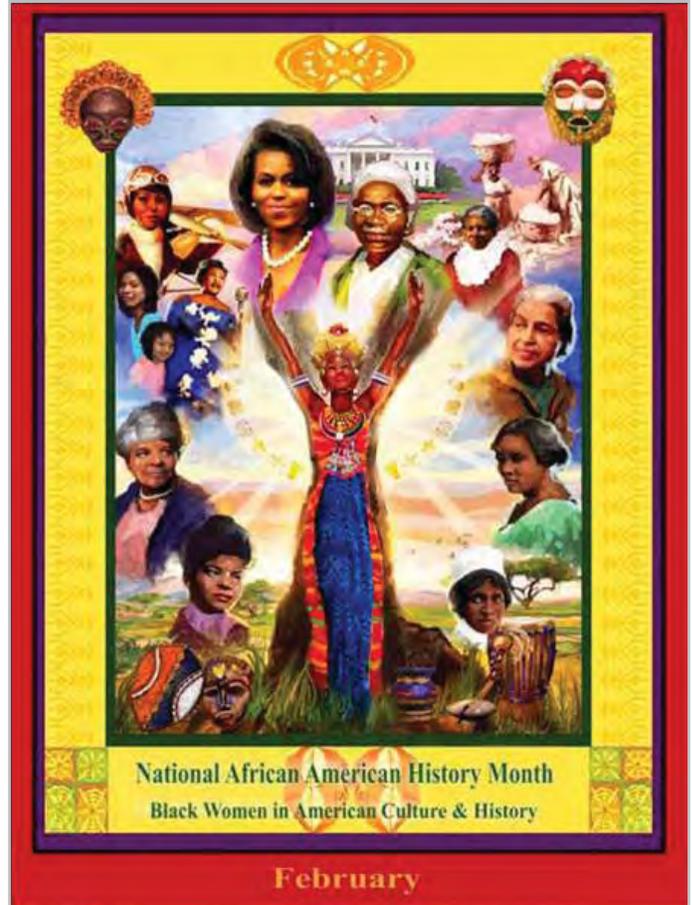
- **Rosary Warriors** - Meets every Friday at 9:15 a.m. in the Blessed Sacrament Chapel to pray the rosary. For more information, contact the parish coordinator at DSN 423-6019 or civilian 065-44-6019.
- **USAF SHAPE and Chièvres Annual Awards Banquet** - Starts at 6 p.m. at the SHAPE club
- **Alcoholics Anonymous** - The English speaking SHAPE Alcoholics Anonymous Group meets on Fridays from 4:30 to 5:30 p.m. at SHAPE Chapel Annex Classroom. Members support one another's 12 Step recovery program and freely share their AA story with newcomers. Family members, friends, and anyone interested in AA are welcome to attend. For a recorded message with telephone contact numbers, call 0494-058137. For English speaking meetings in Brussels and throughout Europe see the website www.aa-europe.net.

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- **New Winter Studies** - Meets at the SHAPE International Chapel on Mondays from 6 to 8 p.m. Childcare is provided. For information, e-mail to pwoc.shape@gmail.com.

24 February

- **2012 Black History Month Celebration** - Meets from 10 to 12 a.m. at SHAPE Events Center. Guest speaker is Col. Gwendolyn Roland, Allied Command Transformation Staff Element Europe. Open to all SHAPE ID card holders.



AT USAG BRUSSELS

13 February

- **Grand Opening of the USAG Brussels Education Center Office** from 10 a.m. to 2 p.m. at the USAG Brussels Education Center new relocated offices in bldg. 4, top floor. Learn about testing services, spousal tuition assistance, free French conversation classes, innovative education opportunities and possible F2F courses at USAG Brussels. For more information, call DSN 368-9704 or civilian 02-717-9704.
- **Grand Opening of the NEW Play Group Play Room** from 10 to 11:30 a.m., in bldg. 2 next to the Chaplains' office. There is a new room with all sorts of new toys and a separate area for parents to feed or rock their babies and a diaper changing station. There will be a ribbon cutting ceremony, songs, valentines, and other activities. Cake and refreshments will be served. For information call DSN 368-9783 or civilian 02-717-9783.
- **The Five Love Languages** - The USAG Brussels Family Advocacy Program offers free communications classes using Gary Chapman's "The 5 Love Languages" from noon to 12:45 p.m. at the ACS Conference Room. For information call DSN 368-9783/9684 or civilian 02-717-9783/9684.

14 February

- **Tuesday Fatherhood Initiative Classes** - Meets from noon to 1 p.m. in USAG Brussels Command Conference Room bldg. 3 second floor. For information call DSN 368-9783 or civilian 02-717-9783.
- **USAG Brussels Army Family Action Plan** - AFAP Working Group meets from 8 a.m. to 3 p.m. at ACS Conference Room.

15 February

- **10 Steps to a Federal Job** - If you are looking for a job with the Federal Government, visit the Army Community Services from 9 a.m. to noon at the conference room, bldg. 4. Get an overview of the process from start to finish, learn the ten steps of applying for a job from a certified trainer, including exploring the different agencies, analyzing job announcements, keywords, KSAs (knowledge, skills and abilities), etc. For more information, call DSN 368-9783/9735 or civilian 02-717-9783/9735.

19 February

- **Brussels Library Closed** - Due to temporary staffing levels the Library will be closed Feb. 19. For more information please contact the USAG Brussels library at DSN 368-9705 or civilian 02-717-9705 .

21 February

- **Tuesday Fatherhood Initiative Classes** - Meets from noon to 1 p.m. in USAG Brussels Command Conference Room bldg. 3 second floor. For information call DSN 368-9783 or civilian 02-717-9783.
- **Mardi Gras Party** - From 5:30 to 10 p.m. at the 3 Star Recreation Center. Free entry and dinner \$8. For information call DSN 368-9822 or civilian 02-717-9822.

22 February

- **Ash Wednesday Service** will be held on February 22 at 4 p.m. in the USAG Brussels Chapel. For more information call DSN 368-9747 or civilian 02-717-9747.

DENTAL AND HEALTH CLINICS

The Brussels Health Clinic will be closed at noon for patient care and see acute care only Feb. 17 due to training holiday. The Brussels Dental Clinic will be closed for patient Feb. 17 due to training holiday.

Both the Brussels Dental and Health Clinics will be closed for patient care Feb. 20 due to holiday. On the training holiday the following applies: acute care only due to minimal staffing and limited services. There will be pharmacy services.

If you are in need of medical care on days the clinic is closed:

- For routine care visit SHAPE Health Facility (at SHAPE) DSN 423-5886 or civilian 065-44-5886
- For urgent care call the toll-free nurse advise line at 0800-80149 and/or the international SOS emergency line at 0800-80806 (toll-free number for Belgium).
- For medical emergencies which are life, limb or eyesight call 100 or 112. The emergency room we use for urgent and if possible emergency care is Universitaire Ziekenhuizen Leuven Herestraat 49, 3000 Leuven.
- During weekends or after hours the on call Patient Liaison can be contacted through the MP desk 02-717-9769 for non-medical advice.

Always contact your MTF the next working day after you have been to the ER or when you are admitted to the Hospital.

CONSIGNMENT SHOP

The Brussels consignment shop located on USAG Brussels is now open late night the last Wednesday of each month. The shop is open from 10:30 a.m. to 7 p.m. for shopping and consignments. For questions, contact the shop at brusselsconsignmentshop@gmail.com.